

local Shop with a Cop program, providing children in need with the opportunity to go shopping during the holidays with an officer or first responder from the Sheriff's Department. He and his wife, Virginia, were instrumental in bringing the program to London in 1996. As a result of their perseverance and fundraising efforts over the last two decades, Shop with a Cop has continued to grow and give hope to children who need it the most. Don was also a board member of the London-Laurel County DARE program for many years, where he tirelessly worked to prevent drug abuse through school education programs.

Don was a faithful member of the Calvary Baptist Church and a member of the C.D. Ward Masonic Lodge and Oleika Shriners Temple in Lexington, Kentucky. He was also named a Kentucky Colonel by Governor Paul Patton. In fact, Don was so beloved by his hometown, he was voted a "London Living Treasure" in 2018, an award presented to those who have given a lifetime of service to London and Laurel County.

Don's commitment to Laurel County is a testament to the impact one person can have on a community. My wife, Cynthia, and I send our heartfelt condolences to Virginia and the host of family, friends and community members whose lives were affected by this great man. We deeply appreciate the compassion he shared and the service he gave to his community.

Madam Speaker, I ask my colleagues to join me in honoring the late Don Wattenbarger for a lifetime of dedicated service in southern Kentucky.

#### CELEBRATION AND RECOGNITION OF THE HONORABLE STATE REPRESENTATIVE DANILO BURGOS

##### HON. ADRIANO ESPAILLAT

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, February 5, 2019*

Mr. ESPAILLAT. Madam Speaker, the Honorable Danilo Burgos is the State Representative for Pennsylvania's 197th State House district and is the first Dominican-American to represent the neighborhoods in North Philadelphia of Fairhill, Kensington, Hunting Park, Glenwood, and Feltonville in the Pennsylvania House of Representatives; and elected in 2018 as the first Dominican-American to hold that seat in the legislature.

Representative Burgos and his family have strong ties to Huntington Park and where Representative Burgos first became interested in social justice and community activism that led him to be a co-founder of the Philadelphia Dominican Grocers' Association to support and galvanize Philadelphia-area grocery and bodega owners like his family to engage with their communities and become informed and involved in American politics.

Representative Burgos works with business and community leaders to create economic stability and safer communities in North Philadelphia, serving on the boards of the Eastern Pennsylvania Organizing Project, the Hispanic Chamber of Commerce, the Visitation Community Center, and Proyecto Sin Fronteras, among others.

Representative Burgos has made political engagement a priority placing an emphasis on

highlighting and supporting political engagement; "Get involved in what you care about—as a community, as a human being," Burgos said. "Don't let others dictate your future."

#### WEST METRO CHAMBER 2019 GALA FOOD FOR THOUGHT CATERING

##### HON. ED PERLMUTTER

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, February 5, 2019*

Mr. PERLMUTTER. Madam Speaker, I rise today to recognize and applaud Food For Thought Catering for receiving the 2019 Small Business of the Year Award from the West Metro Chamber of Commerce.

Forty years ago, Wheat Ridge native Suzanne Smith, and another parent thought the 420 students at the parochial school their children were attending deserved more than a cold sack lunch every day. For six years, the two mothers came to the school once a month to prepare a hot lunch for the students. Several years later, Suzanne was asked if she could prepare food for a rehearsal dinner. Food For Thought Catering was born and today the company caters everything from small intimate dinners for two to events for 250 people as well as breakfast, lunch, dinner, business meetings special events, and afternoon teas. "Food with thought" has been their guiding principle and motto ever since.

I extend my deepest congratulations to Food For Thought Catering for this well-deserved recognition.

#### IN RECOGNITION OF ALPHA KAPPA ALPHA SORORITY, INC. PINK GOES RED DAY FOR HEART HEALTH

##### HON. SHEILA JACKSON LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, February 5, 2019*

Ms. JACKSON LEE. Madam Speaker, I rise to recognize my sorority, Alpha Kappa Alpha Sorority for the extraordinary work it does all throughout the nation.

On January 15, 1908, nine college students on the campus of Howard University in Washington, D.C. founded Alpha Kappa Alpha Sorority.

As a member of the Xi Alpha Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated, I take great pride in my sorority's tradition of service and the many programs that it has established to serve our communities.

One of the founders, Ethel Hedgeman Lyle, dreamed of creating a support network for like-minded women coming together for mutual uplift, and coalescing their talents and strengths for the benefit of others.

What began as a small band of sisters in 1908, transformed over the ensuing 111 years into a globally-impactful organization of nearly 300,000 college-trained members, bound by the bonds of sisterhood and empowered by a commitment to servant-leadership that is both domestic and international in scope.

As Alpha Kappa Alpha Sorority has grown, it has maintained its focus in two key arenas: the lifelong personal and professional develop-

ment of each of its members; and galvanizing its membership into an organization of formidable power and influence, consistently at the forefront of effective advocacy and social change that results in equality and equity for all citizens of the world.

In order to maintain its commitment to servant-leadership, Alpha Kappa Alpha Sorority hosts an international conference every two years.

On July 6–July 12, 2018, my fellow Sorors from all around the world came to my hometown in Houston to launch "New Dimensions of Service by Celebrating a Legacy of Leadership and Service."

At this conference Alpha Kappa Alpha Sorority decided on new targets of focus for the next two years, which include: HBCU for Life: A Call to Action; Women's Healthcare and Wellness; Building Your Economic Legacy; The Arts! and Global Impact.

February 2019 is Women's Healthcare and Wellness month.

To kick off Women's Healthcare and Wellness month, Alpha Kappa Alpha Sorority has joined with the American Heart Association in the fight against heart disease in order to improve the health of all women.

On February 1, Alpha Kappa Alpha women all over the world took off their pink and wore red for the day to raise awareness of this deadly disease for their "Pink Goes Red Impact Day."

Alpha Kappa Alpha chapters are bringing awareness to the devastating effects of heart disease in communities around this country.

My chapter, Xi Alpha Omega hosted a Zumba and Line Dancing Class at our Houston Texans YMCA to promote a fun and healthy way to stay heart healthy.

As we observe Pink Goes Red Impact Day and Heart Health month on the international level, here are some unsettling truths about heart disease and high blood pressure and undeniable truths about prevention that can help to stem the tide of this dreadful disease.

Cardiovascular diseases kill nearly 50,000 African-American women annually.

Forty-nine percent of African-American women 20 years of age and older have heart disease.

Only one in five African-American women believes she is personally at risk.

Only 52 percent of African-American women are aware of the signs and symptoms of a heart attack.

Only 36 percent of African-American women know that heart disease is their greatest health risk.

These unsettling truths are the reason that Alpha Kappa Alpha Sorority has made Heart Health and Wellness Month one of its most important initiatives.

Although there is nothing that will 100 percent guarantee a life without high blood pressure and heart disease, there are several things women can do every day to take steps towards a healthier life.

Be honest about their health. There are several things that can be done to reduce the risk of heart disease: exercise regularly; eat healthy; know your family medical history; and monitor and treat pre-existing health conditions.

Moderate salt and sodium intake and read the label and be knowledgeable about what is contained in the food consumed.

Commit to improving eating habits by developing a healthy diet and healthy cooking skills,